



## Healthy Kids, Healthy Schools

★ Posted: 05/10/09 2:50 AM

### Appealing Menus

Here are the main themes identified from Visions of the Future!

Nutritional, Fun, Cool & Appealing Menu Developments  
"Great dairy, fruit, vegetables, whole grain options..."  
"Fun & ecological friendly packaging"



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★ Posted: 05/10/09 2:55 AM

### Prototype Report-Out Session

Fresh Café concept

#### Goals:

- Healthy, happy kids
- Offer more food choices, more variety, more diversity
- Learning lab for nutrition
- Work with industry partners
- Destination of fresh choices

#### Approach:

- Looking at age appropriate foods
- Market testing to ensure foods taste good and look appealing

**Encouraging Trial:** How will you get kids to try these products?

*A groups of students from Sharpstown Leadership Program came up with the following menu ideas:*

- Salad Mondays (garden salad with roasted chicken and mixed fruit salad, fresh cobb salad with pineapple chunks, fresh chicken salad, create your own salad day)
  - Pasta Tuesdays
  - Smoothie Wednesdays - different fruit smoothies, pick whichever you want
  - International Thursdays - Spanish fiesta, Asian oasis, fresh veg, spring rolls, sushi
  - Pizza Fridays with whole wheat bread, low fat cheese, bbq chicken, etc.
  - All served with choice of fruit or veg and milk
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- Create competition within district, health clubs giving our memberships to participating students, etc.
  - Learning community - focus group created buzz that created buzz on website. Tours of plant, etc.
  - Work with industry to help deliver this fresh food



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### Brainstorming Ideas

The Menu Developments group is large, vocal, passionate and full of ideas! Here are just a few (really!) of the ideas that were floated during the initial brainstorming session:

#### Cafeteria Look, Feel, and Operation:

- Renovate cafeteria lines and implement action stations; Fresh express grab and go concept
- Raw foods implementation and consumption, Veggie and fruit juice bar, Add dairy dips to veggie bar
- Appropriate cooking equipment to lead to better quality
- Cafeteria should look like an outdoor market - in a different country - give them an innovative look
- Culturally expressive menus, Recognize ethnic holidays
- Promoting various low fat gluten free, vegan, vegetarian etc for lactose intolerant/allergic kids, Offer some lactose free products
- Menu packaging - Incorporate education around healthy food
- In the cafeteria, show calories, fat, carbs etc. (note that this is being done in NYC now - great teaching opportunity)
- Prepare smaller amounts so not so much leftover
- Presenting food better on the line - "We want to be able to tell what the food is"
- Less juice, more milk
- Focus on nutrient density of products that are eaten - kids make fruit smoothie with probiotics in a.m.
- Eliminate all white flours
- Lunch scheduling - don't schedule too early/too late
- Visual concepts on the line - identify food groups, how food is made; Pictures of food groups on the lunch line to encourage kids to select from all food groups
- Cafeteria to have bars (salad, pizza, etc.) and theme bars daily/weekly so kids can choose
- Incentive for kids who choose right foods (on school got free passes to "El Campo", put student pix in newspaper etc - all related to CATCH program)
- Link to cafeteria checkout - swipe cards - to report into "wellness report card"
- Chef of the Day (showcasing other cultures)
- Sampling opportunity from lunch line (instead of taking a whole serving)

#### Foods Outside the Cafeteria

- Breakfast in the classroom for all schools (and more variety/flexibility for BIC); Importance of breakfast related to student attention span, attendance
- Make healthy snacks readily available; Fresh fruit snacks in or outside classroom all day long
- Vending machines carrying fresh fruits, healthier choices; Vending machines with fresh veggie dips, yogurt, cheese, milk
- Remove all soda, all junk, all vending machines (can't

- have these foods competing with all the healthy foods)
- Getting more locally grown foods into schools - teach kids where food is coming from
- Student "farmers markets" and food sales (of products that they grow/make) at lunch and after school program (like jam)
- Taste testing with kids, new flavors and new forms - get kids feedback directly
- Chef panels - connect with local restaurants
- Educate kids to recognize healthy foods, understand good nutrition (maybe menu link online; nutrition study at home)
- Offer snacks throughout the day to learn about small frequent meals
- School-wide food focuses -one week chick pea is the school-wide focus, incorporate into curriculum vocabulary, throughout school (taste test, expose kids to new foods )
- (some schools in California do this)
- Kids cooking prep demos

### Outside the School

- Parent training for nutritional understanding
- "Chef's table breakfast kit" including milk where kids can take the box to the school bus for breakfast on the bus
- Fresh food supply chain partners that bring fresh foods 2-3 times a week
- One student proposed feeding the homeless with leftover food - "let's brainstorm ways to dispose of excess food"
- Tap into supply chain and leverage input from schools serving district
- Culinary training for parents
- HISD food nutrition online website - Online menu planner - kids could select entrée, fruits, veggies - shows how many calories, fat, vitamins, etc - with response saying "out of line for fat" etc.; Vote online for menu choices every week
- District wide nutrition policy needed
- Reallocate dollars toward more nutritious items - which will knock non nutritious items off menu
- Quality and support from industry partners to make sure no expired foods get into schools
- Great training for kitchen staff
- More money for reimbursement

### Food/Packaging Innovation

- Dairy-based weight management beverage
- Low calorie sports nutrition beverage (dairy based)
- Goldfish crackers packages promote a website where kids can learn more about the goldfish "characters" and nutrition info - carry this concept forward
- Low-fat cheese (less than 6% fat) in development
- Fresh dough pizza with whole grain crust reduced fat cheese and veggie toppings (there's a new product called Pacific Coast Veggie - causing people to switch

from pepperoni)

- New packaging for milks (milk chugs, tetra paks) and enhanced milk (enhanced with probiotics or DHA)
- Pay attention to labels - including read-friendly labeling on packages



All times are displayed in your local time (Eastern)